

Variable	Mean	Standard deviation	Minimum	Maximum
Age	34.5	10.5	20	55
Gender	0.5	0.5	0	1
Marital status	0.5	0.5	0	1
Education	12.5	1.5	10	15
Income	1500	500	1000	2500
Health status	0.5	0.5	0	1
Smoking status	0.2	0.4	0	1
Alcohol consumption	0.1	0.3	0	1
Exercise frequency	0.3	0.5	0	1
Stress level	0.4	0.6	0	1
Sleep quality	0.5	0.5	0	1
Work satisfaction	0.6	0.5	0	1
Life satisfaction	0.7	0.5	0	1
Overall health	0.6	0.5	0	1

Variable	Mean	SD	Min	Max
Age	38.5	12.5	25	65
Gender	Male	Female		
Marital Status	Married	Single		
Education	High School	College		
Occupation	Manager	Worker		
Income	\$30,000	\$40,000		
Health Status	Good	Fair		
Stress Level	Low	High		
Life Satisfaction	High	Low		
Work-Life Balance	Good	Poor		
Family Support	Strong	Weak		
Community Involvement	Active	Passive		
Religious Beliefs	Religious	Secular		
Political Views	Conservative	Liberal		
Environmental Concern	High	Low		
Technology Use	Frequent	Infrequent		
Travel Frequency	Often	Rarely		
Volunteering	Regular	Occasional		
Charitable Giving	High	Low		
Philanthropy	Active	Passive		
Artistic Interests	High	Low		
Sports Participation	Active	Passive		
Gardening	Regular	Occasional		
Reading Habits	Frequent	Infrequent		
Music Listening	Often	Rarely		
Dining Out	Frequently	Occasionally		
Shopping Frequency	Often	Rarely		
House Cleaning	Regular	Occasional		
Car Maintenance	Regular	Occasional		
Pet Care	Regular	Occasional		
Travel Planning	Regular	Occasional		
Event Attendance	Frequently	Occasionally		
Gift Giving	Regular	Occasional		
Charitable Work	Active	Passive		
Community Meetings	Regular	Occasional		
Religious Services	Frequently	Occasionally		
Political Participation	Active	Passive		
Environmental Activities	Regular	Occasional		
Technology Training	Frequent	Infrequent		
Travel Agency	Often	Rarely		
Volunteering Hours	High	Low		
Charitable Contributions	High	Low		
Philanthropic Activities	Active	Passive		
Artistic Activities	Regular	Occasional		
Sports Activities	Active	Passive		
Gardening Hours	Regular	Occasional		
Reading Time	Frequent	Infrequent		
Music Time	Often	Rarely		
Dining Out Frequency	Frequently	Occasionally		
Shopping Frequency	Often	Rarely		
House Cleaning Frequency	Regular	Occasional		
Car Maintenance Frequency	Regular	Occasional		
Pet Care Frequency	Regular	Occasional		
Travel Planning Frequency	Regular	Occasional		
Event Attendance Frequency	Frequently	Occasionally		
Gift Giving Frequency	Regular	Occasional		
Charitable Work Frequency	Active	Passive		
Community Meetings Frequency	Regular	Occasional		
Religious Services Frequency	Frequently	Occasionally		
Political Participation Frequency	Active	Passive		
Environmental Activities Frequency	Regular	Occasional		
Technology Training Frequency	Frequent	Infrequent		
Travel Agency Frequency	Often	Rarely		
Volunteering Hours Frequency	High	Low		
Charitable Contributions Frequency	High	Low		
Philanthropic Activities Frequency	Active	Passive		
Artistic Activities Frequency	Regular	Occasional		
Sports Activities Frequency	Active	Passive		
Gardening Hours Frequency	Regular	Occasional		
Reading Time Frequency	Frequent	Infrequent		
Music Time Frequency	Often	Rarely		
Dining Out Frequency	Frequently	Occasionally		
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House Cleaning Frequency	Regular	Occasional		
Car Maintenance Frequency	Regular	Occasional		
Pet Care Frequency	Regular	Occasional		
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